

Weekly Diabetes Update 10-26-07

1. Healthy Behaviors in Women Grant

WHAT: The goal of this program is to develop, implement, evaluate, and disseminate novel approaches that concurrently address the relationship between women's healthy eating and mental health during the perinatal period. For the purposes of this grant the perinatal period is defined as during pregnancy and up to one year after delivery, including women who may not have had a positive birth outcome. The interventions must be implemented throughout the entire intervention periods, must be substantive in nature, incorporate nutrition, physical activity and mental health and wellness components, while also positively impacting knowledge, attitudes and behaviors. The mental health component can include addressing depression including post-partum, eating disorders including binge eating, stress/stress reduction to name a few. These approaches should target women in communities who have limited access to preventive health services, and when appropriate linked to other relevant services to comprehensively address their health needs. Proposals must include women who are members of populations who are disproportionately affected by overweight/obesity in your locale, including racial ethnic minorities.

WHO: Faith-based and community organizations are eligible to apply

WHEN: Applications due by December 7, 2007

AWARD AMOUNT: 4 awards totaling \$575,000

Full Announcement:

<https://grants.hrsa.gov/webexternal/FundingOppDetails.asp?FundingCycleId=7C7092EE-D35E-416D-9BD9-3C4DA48056B2&ViewMode=EU&GoBack=&PrintMode=&OnlineAvailabilityFlag=True&pageNumber=1&PopUp=#Purpose>

2. Innovative Resources to Address the Diabetes Dilemma

To raise awareness of National Diabetes Month, the <http://www.ndep.nih.gov> National Diabetes Education Program (NDEP), a joint initiative of the U.S. Centers for Disease Control and Prevention and the National Institutes of Health, will host a web cast on Thursday, November 8, at 1:00 p.m. EST (noon central time) to provide an overview of initiatives and new products to promote diabetes prevention and control. The registration information and agenda will be provided soon.

During the web cast, NDEP will discuss resources available for community-based organizations, faith-based communities, diabetes educators and other program leaders to help teach strategies for preventing and controlling diabetes.

3. Public Health Grand Round Web cast – Cutting-Edge Legal Preparedness for Chronic Disease Prevention

Will be offered on Thursday, Nov. 29, 2007 at 2:00-3:00 pm EST (starting 1:00 Central Time). Get more information at www.publichealthgrandrounds.unc.edu

The primary dual goals of this Public Health Grand Rounds program are to: a) illuminate new uses of law to address chronic diseases, the urgent realities of the 21st century, and b) to illustrate the application of the concept of public health legal preparedness (and its four core elements) to a wide spectrum of public health objectives, extending beyond public health emergencies to encompass public health urgencies

4. Chronic Disease Academy

Registration is now open for the National Association of Chronic Disease Directors (NACDD) Chronic Disease Academy. The Academy features 15 different skill-building workshops, all targeted to address one or more of the chronic disease competencies.

The 2008 NACDD Chronic Disease Academy will be held February 20-22, 2008, in Denver, Colorado. You may review the full program details at www.chronicdiseaseacademy.org.

In addition to seeing the entire program, with details about the 15 different skill-based training programs, you will have the opportunity to use a specialized Competency Assessment Tool to choose the best training for your individual professional development needs - and then be among the first to register for this exciting new Academy.

5. **Prediabetes Fact Sheet**

The Diabetes Primary Prevention Initiative Intervention Focus Area, together with the Centers for Disease Control and Prevention (CDC), Division of Diabetes Translation (DDT) and the Lewin Group, has developed a Prediabetes Fact Sheet. It is posted on the CDC-DDT website at <http://www.cdc.gov/diabetes/faq/prediabetes.htm>.

6. **Flu Season – Get your Flu Shot Today**

Influenza is much more than a simple cold. Tragically, flu kills about 36,000 people each year and requires more than 226,000 to be hospitalized. Many of these deaths can be prevented by getting an annual flu shot. Vaccination typically begins in October and can continue through March, so it's never too late for you and your family to get the protection you need.

The American Lung Association makes getting a flu shot even easier for you with our Flu Clinic Locator, see: <http://www.kintera.org/TR.asp?a=aqLHIRNBLnITK8J&s=hiJZL3NDJiLRJZPHJqF&m=eqIKJWOyFbKXE>. Just enter your zip code to find public flu clinics conveniently located near your home or office so you won't have to wait for a doctor's appointment. Over 40,000 clinics are ready to help you and your family avoid the flu this year. Fees, if any, are usually small but call ahead to see if your insurance plan will cover it.

Be sure to visit our online flu center, too, see:

<http://www.kintera.org/TR.asp?a=csJLKXOJlpL1JiJ&s=hiJZL3NDJiLRJZPHJqF&m=eqIKJWOyFbKXE>. You can sign up to get a reminder of when and where your flu shot is scheduled, and tell your family and friends where they can get a flu shot in their area. You can also learn more about good health practices that can help protect children and adults from catching the flu.

If you or someone you know is in a high-risk category, they should make getting a flu shot this season a priority. Those especially at risk for the flu are:

- People who are 50 years of age and older
- Women who will be pregnant during influenza season
- Young children who are 6 to 59 months of age
- People with chronic medical conditions such as asthma, emphysema, chronic bronchitis, bronchiectasis, tuberculosis, cystic fibrosis, heart disease, chronic kidney disease, diabetes or severe anemia.
- People who have diseases that depress immunity or are having treatments for these conditions
- Caregivers of high-risk individuals
- Residents of long-term care facilities

If you aren't in a high-risk group, though, you can still benefit from getting a flu shot. The American Lung Association says that a flu shot is safe for people with asthma.

Some people should not get vaccinated if they have certain allergies or previous medical conditions. Ask your healthcare provider if it is safe for you to get a flu shot. People over 65 years old should also ask their doctor whether they should also get a pneumonia vaccine for added protection.

Don't delay. Plan for flu season today. Use the American Lung Associations free Flu Clinic Locator to find a clinic in your neighborhood, see:

<http://www.kintera.org/TR.asp?a=flKRK7PPJhI1LpK&s=hiJZL3NDJiLRJZPHJqF&m=eqIKJWOyFbKXE>.

7. **CDC Unveils Redesigned Spanish-Language Web Site
Offering Enhanced Search Features, Tailored Advice**

The CDC has re-launched its "CDC en Español" Web site to improve usability and offer more health-related resources for the nation's Spanish-speaking population. The new site, modeled on the CDC's English-language Web site, includes a more powerful search engine, easy access to resources addressing 20 popular topics, a user-friendly alphabetical index and other features. Drawing on Internet studies, Web site analyses and other research, CDC officials designed the site to provide up-to-date information on health issues of particular interest to Hispanic residents such as asthma, cancer, HIV/AIDS, children's health and diabetes

University of Wisconsin Enhanced Tools Will Help Beneficiaries With Prescription Drug Plan Choices for 2008. The Centers for Medicare & Medicaid Services (CMS) announced that beneficiaries, their caregivers, and family members can begin to review 2008 Medicare prescription drug plan and health plan information online through the Medicare Prescription Drug Plan Finder at www.medicare.gov.

"It's important that we provide current, easily accessible information on Medicare prescription drug plans so beneficiaries can make informed decisions," said CMS Acting Administrator Kerry Weems. "The Plan Finder site averages more than 900,000 page views per week, and more than **4.75 million** people with Medicare have enrolled in a drug plan since the program began."

The enhanced plan finder options offer more information and greater clarity on available drug plans, including out-of-pocket costs, pharmacy networks, and important Medicare news and updates. Navigation improvements also make the plan finder tools user-friendly, so beneficiaries will find it easier to locate information about available drug plans before open enrollment begins on November 15, 2007.

8. **Report – Patient-Centered Care: What Does It Take?**

While patients often give high ratings to their hospitals and health care providers, they also report significant problems getting critical information about treatment options and medications, and receiving responsive, compassionate service from their caregivers.

In the new Commonwealth Fund report, **Patient-Centered Care: What Does It Take?** Dale Shaller 1) discusses the steps health care organizations must take to meet patients' expectations for quality care, and 2) presents case studies of two innovative health systems that have successfully implemented patient-centered care programs. In addition to engaged leadership and a clearly communicated vision, Shaller finds that a high degree of patient and family involvement, a supportive work environment, systematic measurement and feedback, and deployment of information technology all play critical roles.

The report, which was commissioned by the Picker Institute, concludes with an overview of strategies that can help organizations overcome barriers to patient-centered care. Find the complete report "Patient-Centered Care: What Does It Take" at: http://www.commonwealthfund.org/usr_doc/1067_Shaller_patient-centered_care_what_does_it_take.pdf?section=4039